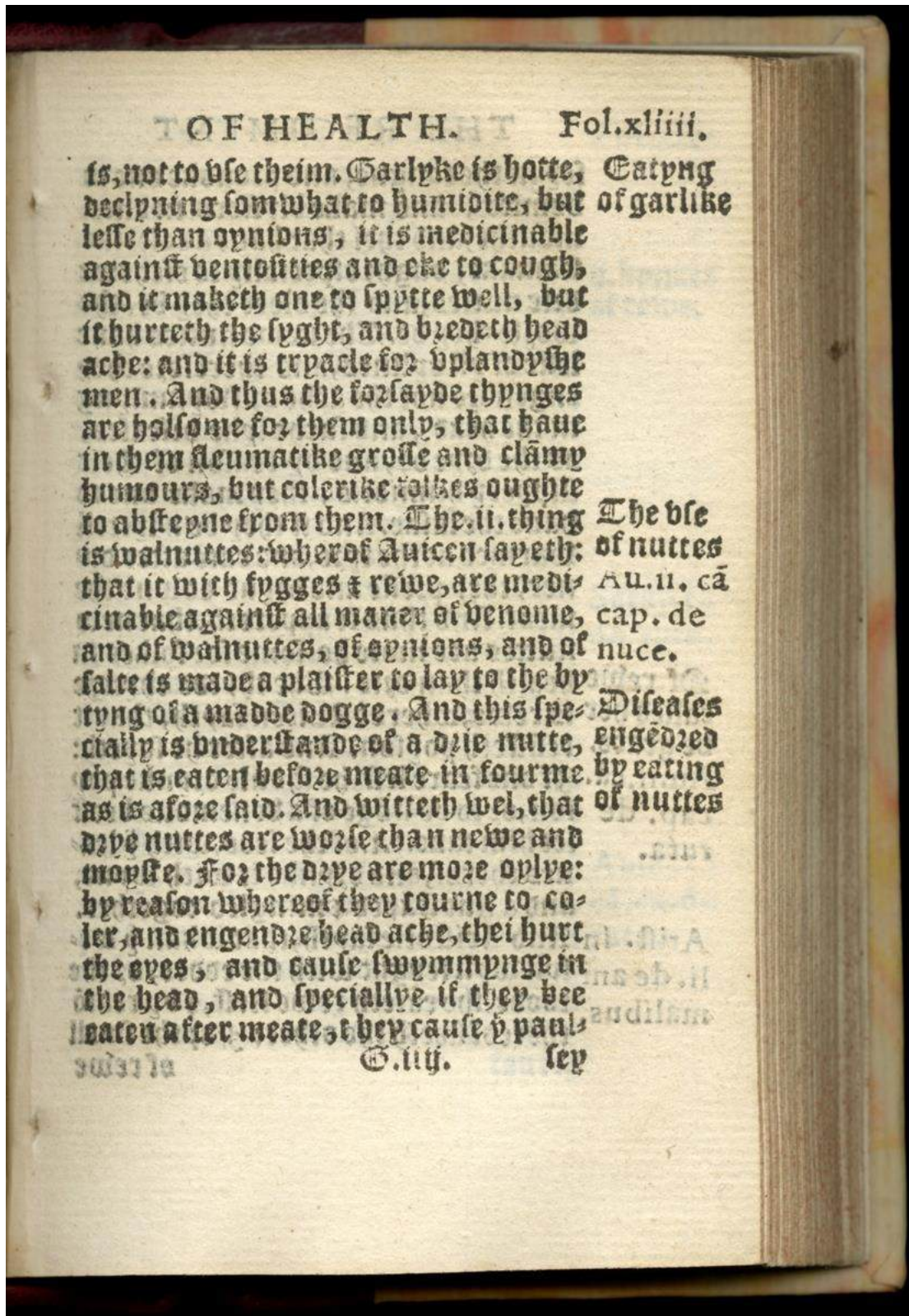


Source 1: Excerpt on Garlic from *Regimen sanitatis Salerni* (1557), fol. xliiii (Excerpt)

Catpyn
is, not to vse theim. Earlyke is hotte,
declpynng somwhat to humidite, but
lesse than opynions, it is medicinable
against ventosities and eke to cough,
and it maketh one to spytte well, but
it hurterh the syght, and bredeth head
ache: and it is tryacle for vplandythe
men. And thus the forsayde thynges
are holsome for them only, that haue
in them fleumaticke groffe and clamy
humours, but colerike folkes oughthe
to absteyne from them. The.ii. thing
The vse

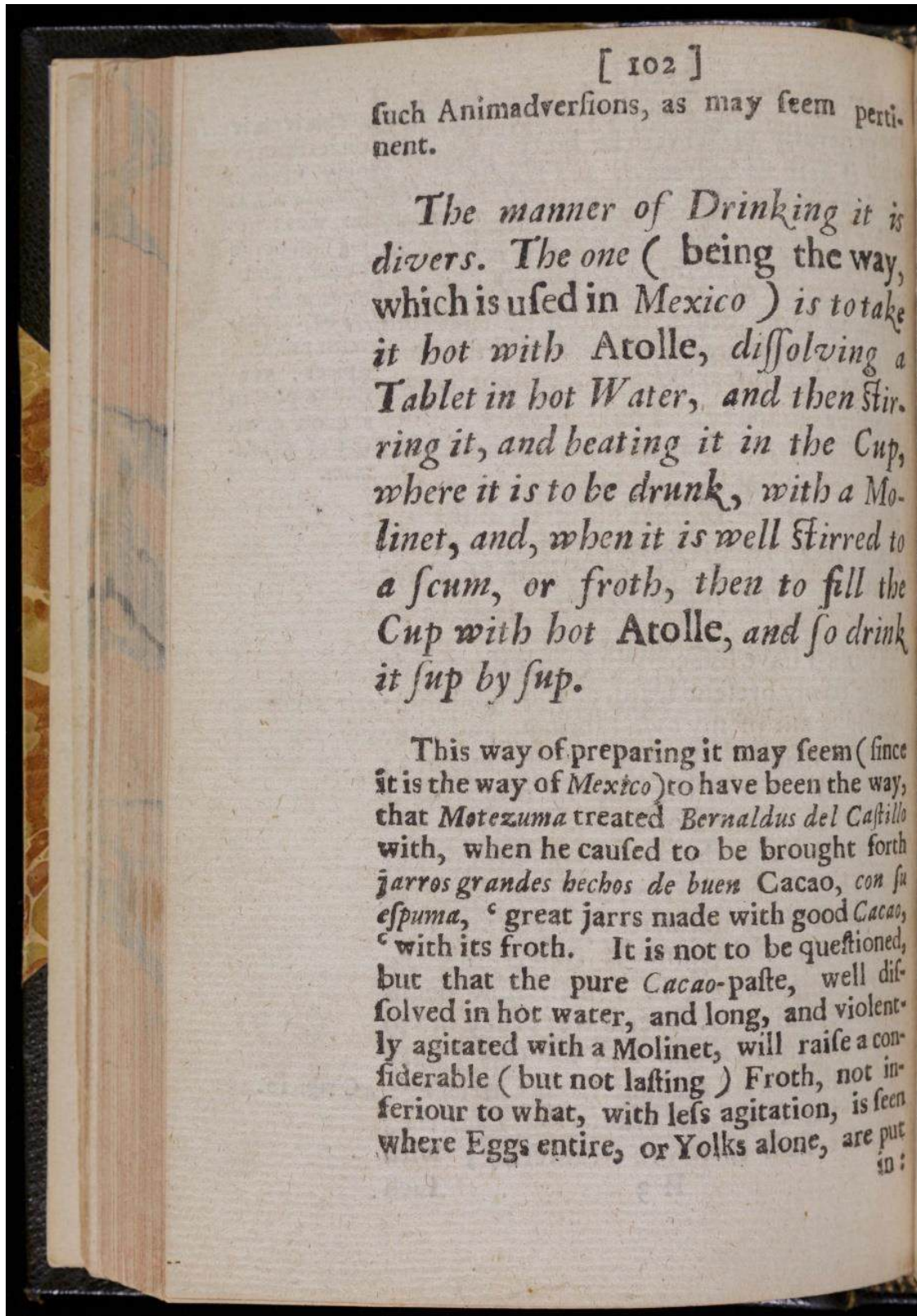
Source 1: Excerpt on Garlic from *Regimen sanitatis Salerni* (1557), fol. xliiii (Full Page)



OF HEALTH. Fol. xliiii.

is, not to vse them. Garlyke is hotte, Catyng
 declpning somwhat to humidite, but of garlike
 lesse than oynions, it is medicinable
 against ventosities and eke to cough,
 and it maketh one to spytte well, but
 it hurteth the syght, and bredeth head
 ache: and it is tryacle for vplandythe
 men. And thus the forsayde thynges
 are holsonie for them only, that haue
 in them fleumatike grosse and clāmy
 humours, but colerike tolkes oughte
 to abstepne from them. The.ii. thing
 is walnuttis: wherof Auicē sayeth: The vse
 that it with sygges & rewe, are medi- Au.ii. cā
 cinable against all maner of venome, cap. de
 and of walnuttis, of oynions, and of nuce.
 salte is made a plaister to lay to the by
 tyng of a madde dogge. And this spe- Diseases
 cially is vnderstande of a drie nutte, engedred
 that is eaten befoze meate in fourme by eating
 as is afoze said. And witteth wel, that of nuttes
 drie nuttes are worse than newe and
 moyste. For the drie are more oplye:
 by reason wherof they tourne to co-
 ler, and engendre head ache, thei hurt
 the eyes, and cause swymmyng in
 the head, and speciallye if they bee
 eaten after meate, they cause v pain
 G.iiij. ley

Source 2: Excerpt on Chocolate from Henry Stubbe's *The Indian nectar* (1662), pp. 102-104, from "This way of preparing it..." through "...procedure of the Indies."



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such Animadversions, as may seem pertinent.

The manner of Drinking it is divers. The one (being the way, which is used in Mexico) is to take it hot with Atolle, dissolving a Tablet in hot Water, and then stirring it, and beating it in the Cup, where it is to be drunk, with a Molinet, and, when it is well stirred to a scum, or froth, then to fill the Cup with hot Atolle, and so drink it sup by sup.

This way of preparing it may seem (since it is the way of Mexico) to have been the way, that Motezuma treated Bernaldus del Castillo with, when he caused to be brought forth *jarros grandes hechos de buen Cacao, con su espuma,* ' great jarrs made with good Cacao, ' with its froth. It is not to be questioned, but that the pure Cacao-paste, well dissolved in hot water, and long, and violently agitated with a Molinet, will raise a considerable (but not lasting) Froth, not inferiour to what, with less agitation, is seen where Eggs entire, or Yolks alone, are put



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in: much more perhaps it may froth, if that Paffe had *Pochol* or *Paniso* grains mixed with it; or, if being well milled before, it were a second time milled upon the commixture of the *Atolle*: for the *Maiz* flower would make it froth much; and it is from the commixture of *Maiz*, or *Bean-flower*, (or perhaps some other substitute) that some *Chocolata* doth now froth more then others; though the difference in the milling likewise produce a variety. I have already explicated what *Atolle* is, in the beginning, and so shall not repeat it; but onely add, that from this way of the *Indians* using it, our Physicians may order it to be drunk with streined Water-gruel, Almond-milk, or *cremore ptisanæ*, or any other mixture they please, that is more, or less nourishing, as they please; ordering the *Chocolata* according to the aforesaid Method: concerning which *Dr. Juanes de Barrios* gives this admonition, *Para hombres y mugeres Sanguineos no se tome con Atole, por que aumenta la sangre; sino con aqua, poco anis, Chile, y acucar, y mingunas especies Aromaticas, ni cosas de olor. Y para los Flegmaticos se haga con todos los Ingredientes, que avemos dicho, o con mas especies de lo ordinario, y se tome muy caliente. Y en los Melancholicos, que se haga sin Chile, poco anis, y con coras de buen olor, y que se tome tibio.*

‘For men and women of a Sanguine Complexion, it is not to be taken with *Atolle*,



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because it multiplyeth Blood in the body;
but with Water, a little Anise-seeds, *Chiles*,
and Sugar, but no Spicery is to be put in,
nor sweet-scented things, for such persons.
But, for the Phlegmatick, let it be made
with all the Ingredients used in the *Indies*,
or with a greater quantity of Spices, then
is ordinary, and let it be taken very hot.
And, for the Melancholy persons, see it be
made without *Chiles*, with a few Anise-
seeds, and with Ingredients of a sweet smell,
and taking it luke-warm.

Which Caution may not only direct us as
to *Atole*, which is not to be made, or used
in *England*; but illustrates and confirms an
Animadversion of mine formerly laid down:
viz. that according to the several tempers and
distempers of persons there ought to be framed
variety of *Chocolata*; and that to be given
variously, as the discreet Physician shall
propose; and this is agreeable (you see) to
the procedure of the *Indies*.

Another way of drinking *Chocolatte* is, that the *Chocolatte*, being
dissolved with cold water, and stir-
red with the *Molinet*, and the scum
taken of, and put into another vessel,
the remainder be set on the fire, with

as



Source 3: Excerpt on Watermelon from William Hughes' *The American physitian* (1672), pp. 22-24, "Of the Water-Melon"

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Of Gourds both great and small.

TO give a particular description of them, would be altogether needless, it being better done already by several others that have written of them which these do very much resemble.

Place.

They grow naturally wilde in *America*: in many Plantations they are allive planted, and so they are sometimes heame, As for Cowcumbers, Pumpions, Muske Melons, &c. I will forbear to treat of them, because there is already, in severall Herballs, such a description given, as may very well serve to demonstrate what they are; only these are more delicious in taste and are not so cold, because the Sun doth better concoct them.

Of the Water-Melon.

A Water-Melon is a very excellent fruit, some of them in shape like unto our middle-siz'd Pumpions, and

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the substance within them spongy, tender, and well tasted; and being cut, something mixed with white and red: is very moist and waterish, and the seeds are like them of the *Italian Musk-Melon*.

Place.

They delight most in hot Regions, as the *Caribbee-Islands* they grow plentifully, and in *Jamaica* I have often eat them, but they are altogether Notorious in these Northern parts; yet I have heard that in *France* there are very rarely: And here they are raised as other Melons, but they seldom come to perfection.

Time.

In those hotter Countries they may be differently planted at any time; and are some of them to be had all the year, as of most other fruit naturally growing there.

Use.

This fruit is naturally very cold and moist; and therefore it must be very moderately eaten, otherwise it is very apt to cause a fever, by cooling the stomach too much,



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much, and spoiling digestion; it quencheth thirst, as I have often made tryal, and hath sometimes caused me to faint, as the drinking cold water hath done, by too much chilling or condensing the Spirits on a sudden.

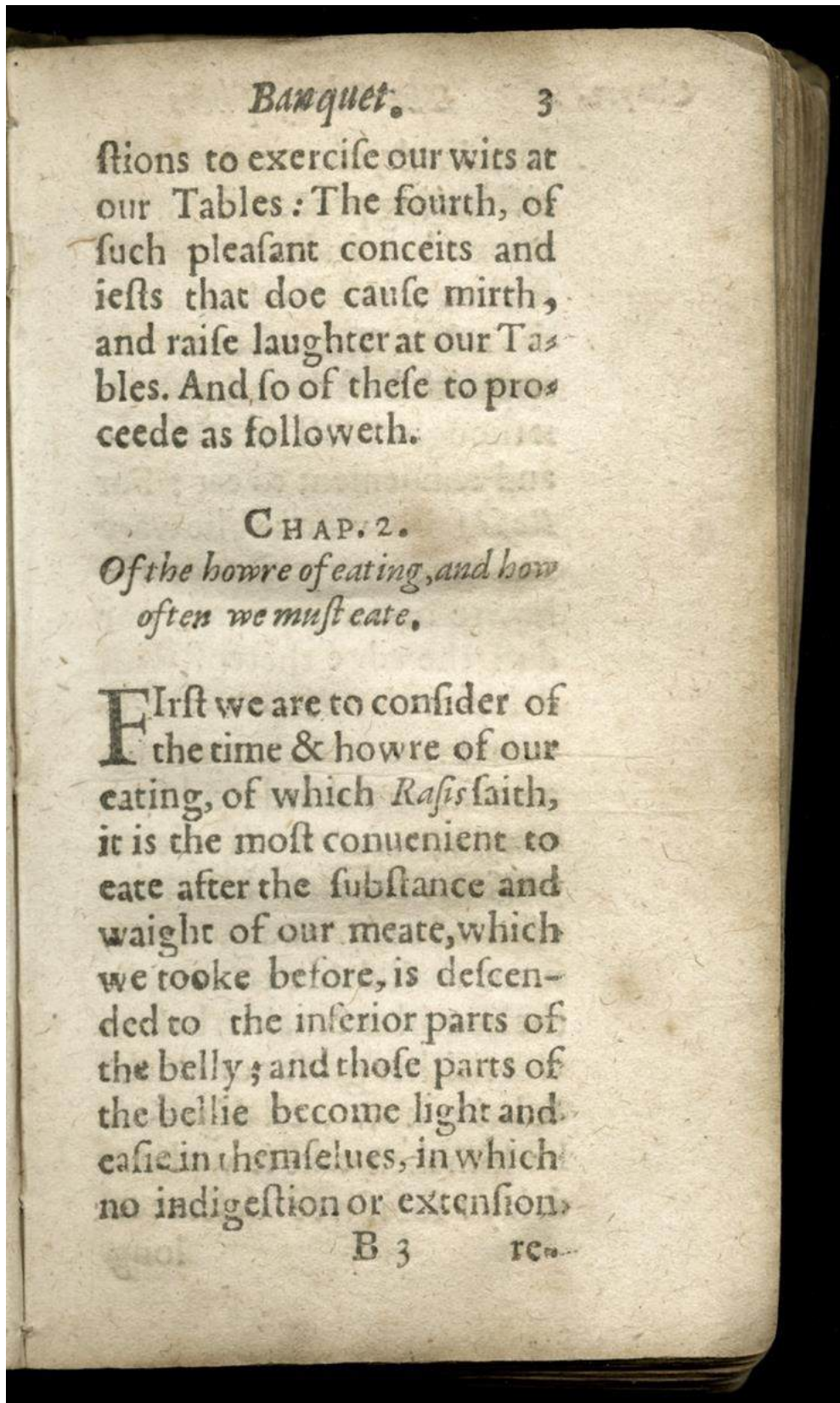
I might now mention divers sorts of Herbs which we made use of, as Sampier, Purslane, &c. but they are so like in resemblance to those we have here, which almost every Herbal treats of, that it may very well save me that labour; only the vertues and operation of them upon bodies there differ very much, every place being provided with things most suitable for it.

Of the Wheat of America, or Maiz.

OF this Wheat there are divers sorts, notwithstanding all of one stock or kindred, consisting of divers coloured grains, as white, blew, yellow, or Gold-colour; some of a Straw-colour, some red, &c.

The stalks are much like that of the
Reed,

Source 4: Excerpt on When and How Much to Eat from *The philosophers banquet* (1609), fol. 3r-5r, Chap. 2





The Philosophers

remaineth, convenient exercise having proceeded thereupon: but indeede to prescribe against the strictnesse of rule. Whensoever the appetite best serues, then is it thought most wholesome and convenient to eat: For *Rasis* saith, we must be wary that wee ouerpasse not the howre of our appetite, nor dull the edge thereof with delay, vnlesse it proue false vnto vs, as it doth most vnto all with drunkards and such like vnordered ill dieted persons: but after that a man of settled order and gouernement shall desire to eate, & the nourishment taken before was neither grosse nor much, & being now well digested, let him then take it without delay: for if wee deferre so long

Banquet.

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long that we lose our appetite and stomacke, which before serued vs well, then are we either to take the sirrope of violets, or vinigre, or warme water, and then to keepe fasting till we vomit, and so renewe our appetite againe. Furthermore it is to be obserued that euery man take those meates that are most vsuall vnto him, & eate as often as before hee hath accustomed, vnlesse he hath growne vpon an ill ordered custome, which is al- together to be auoided, though not sodainly, yet by little and little, for *Consuetudo est altera natura*, and will not easily forsake vs hastily: But our times should so be ordered that at least we should eate once in one day, and at

B 4 mofk



most but twice, or that which is more temperate to eat thrice in two daies: for as it is good for them to eat twice in one day that have weak & moist bodies, so is it hurtfull for them that have bodies fatte and grosse: But to those that use much exercise or labour, grosser meats, and more in quantity may the more easily be digested, but to others of studious, nicer & sicklier constitutions, and of contrary dispositions contrary things happen, *Americus* the Commentator vpon *Avicens Canticles* saith, it is a more temperate maner to eat thrice in two daies, then twice in one day; because it is thought that the act digestively, is finished in the third digestion in 18. howres: for the

the which when there shall be three meales in two daies, the digestion shall be perfected in this time throughout all the members, or very neare, whereupon we conclude that our repast is to be taken, & our bodies fed, then which is the peremptory rule not limited to time either long or short? but then when a perfect digestion is made throughout the body of that taken before.

A*Vicen* in his *Canticles* dilating of the appetite of man, and the various disposition & mutability thereof (saith) that the custome, B. 5 na-

Source 5: Excerpt on Eating Meat and Animal Products from Thomas Tryon's *Wisdom's dictates* (1691), pp. 108-109, paragraphs 1-3

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The danger of Fat Foods, as Flesh, Fish, Butter, Eggs, Cheese, and the like.

1. IT is to be noted, that all sorts of Vegetations or Vegetative Foods are much easier separated and digested by the tart pleasant sharp, and yet not fower Liquor, or great Menstruum of the Stomach and natural heat, than such as proceed from the Animal Kingdom, as fat Flesh, fish, Butter, Eggs, Cheese, Milk, or the like, the understanding thereof is only obtained by Experience, for nothing but Practise makes a Doctor.

2. Such fat succulent Foods do Oyl and for the Stomach and Passages, and are difficultly digested or dissolved, lying longer in the Stomach, and heavier than such as are lean or not fat, or which arise from the Vegetative Kingdom, as every bodies experience may easily convince him; and besides, when mixed with Sugars, Spices, fruits, or the like, they do not only obstruct the passages, and generate bad Blood, and impure spirits, but also for the most part causes great heats to attend all the External parts, whilst the Center is cold and disordered, and then the digestive faculty requires a dram of some Cordial strong Liquor, the truth of this thousands of living Witnesses can attest, whence do arise a feverish Debilitation of the Stomach, Venereal Inclinations, great heats and uneasiness, Consumptions, Gout, and a thousand other Evils both to the Soul and Body.

3. Such Foods are endued with great plenty of gross phlegmatick Juices very pernicious, as being too hard for the Natural heat to dissolve and dispatch away downwards into the Bowels, but remaining behind, do infect the Blood, obstructing

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ing its Circulation, and renders the Spirits foul, thick, impure, and dull, which People feel in their Limbs and Joynts after great Meals of such Food, which do by degrees sow the Seeds, and lay Foundations for Discaes, especially Consumptions and Fevers.

4. These Inconveniencies are much increased by great drinking of strong Spirituous Liquors, which the natural heat of the Stomach does quickly separate, for the spirituous parts of all fermented Liquors are on the wing, and when such Drinks comes into the Stomach, the more pure and volatile spirits thereof do as it were in an instant join and incorporate, and draw them forth, so that in a little time they spread themselves into all the External parts, and cause them to burn with heat, whereby the whole Body becomes uneasie and disordered.

5. But the colder gross phlegmatick parts of such strong spirituous Drinks remain in the Stomach and Vessels, mixed with the grosser undigested Particles of the Food, which do after coagulate, or as it were knit together, and does still so much the more heat and oppres the Stomach, occasioning Sursets, Fevers, and other Discaes, seldom curab^e.

6. For Strong Drinks do contain all properties, but more especially two, viz. a quick brisk lively spirit that is volatile and penetrating, which through fermentation presently puts into motion, and a dull dead heavy phlegmatick Liquor, which by degrees falls down into the Uriners, in such Constitutions as are hot and vigorous, but not without leaving some drags on the Stomach; but in such as have but weak heats, and are of colder Compositions, the same incorporates with the Juices of the Food, and hinders Concoction by
H fouling